

Turkey Sloppy Joes

Rating: ★★★★★

Makes: 4 Servings

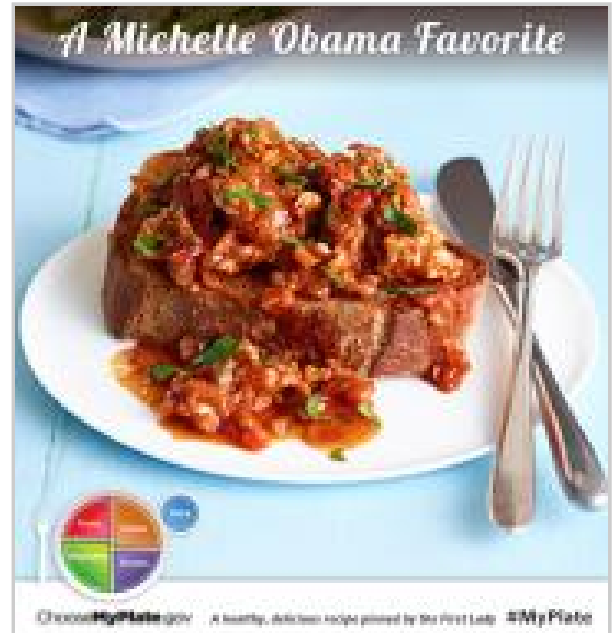
Classic sloppy joes get a healthy makeover. Making this family favorite dish with ground turkey instead of beef saves fat and calories, and makes it lean enough to enjoy any night of the week.

Ingredients

2 tablespoons olive oil
1 medium onion
1 red pepper
1/4 teaspoon Kosher salt
1/4 teaspoon pepper
2 cloves garlic
1 medium carrot
1 pound lean ground turkey
1 tablespoon chili powder
1/4 teaspoon ground cinnamon
1 can tomato sauce
1/4 cup sweet relish
1 tablespoon red wine vinegar
2 teaspoons Worcestershire sauce
4 slices country bread
flat-leaf parsley
2 cups mixed green salad

Directions

1. Heat the oil in a large skillet over medium heat. Add the onion and red pepper, season with 1/4 teaspoon each salt and pepper, and cook, covered, stirring occasionally, until tender to 6 to 8 minutes.
2. Add the garlic and carrot and cook, stirring, for 2 minutes. Add the turkey and cook, breaking it up with a spoon, until



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	466	
Total Fat	19 g	29%
Protein	32 g	
Carbohydrates	41 g	14%
Dietary Fiber	5 g	20%
Saturated Fat	4 g	20%
Sodium	688 mg	29%

MyPlate Food Groups

Vegetables	1 cup
Grains	1 ounce
Protein Foods	3 1/2 ounces

no longer pink, about 5 minutes. Sprinkle with the chili powder and cinnamon and cook for 1 minute.

3. Add the tomato sauce and relish and simmer until beginning to thicken, about 3 minutes. Remove from the heat and stir in the vinegar and Worcestershire sauce. Spoon the turkey mixture over the toast and sprinkle with parsley. Serve with a salad, if desired.
- A First Lady's Favorite from Woman's Day